

ARUGULA

- TYPE:** Annual
- SUN:** Full Sun to Part Shade
- HEIGHT:** 12 to 18 inches
- GROWING IT:** Not a fussy plant, avoid too much drought. Summer heat will cause leaves to be smaller and more peppery.
- PARTS USED:** Leaves and flowers.
- HARVEST:** Pick the leaves when young. Older leaves are a bit tougher and hotter. The flowers are small, white with dark centers and can be used in the salad for a light piquant flavor.
- CULINARY:** This pepper leafy green is not just limited to salads, but can be used in pesto and sautéed as a last minute addition to a soup or a vegetable dish.

TRY IT!

PASTA WITH WALNUTS AND ARUGULA

- ¾ lb. fettuccine or other thin flat noodle
- ½ c. walnut pieces
- 6 Tbsp. extra virgin olive oil
- 3 large cloves garlic, minced
- 2 c. tightly packed baby arugula leaves, washed and dried
- ¼ c. extra virgin olive oil
- ¼ c. grated Parmesan cheese
- Coarse sea salt and fresh pepper

ARUGULA, cont.

Cook the pasta according to package directions. While pasta is cooking put the walnuts in a large dry skillet over medium heat, shaking the pan frequently and set aside. Return the skillet to medium heat, add 2 Tbs. of oil and heat until warm. Add the garlic and cook, stirring frequently, until the garlic softens and begins to turn golden, about 2 minutes. Remove from heat and set aside. Drain the pasta, reserving $\frac{1}{2}$ c. of the pasta water. Transfer the pasta to the skillet with the garlic and stir in the arugula and the remaining oil. Return the skillet to medium heat. Cook, tossing frequently, to coat the pasta with the oil and to wilt the arugula, about 2 minutes. If the pasta seems dry, add a little of the reserved pasta water to moisten. Add the walnuts and toss to combine. Remove the pasta from the heat, season with salt and pepper, additional oil to taste and Parmesan cheese. Serve immediately.

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